“Stand” by Rascal Flatts

You feel like a candle in a hurricane

Just like a picture with a broken frame

Alone and helpless, like you've lost your fight

But you'll be alright, you'll be alright

Cause when push comes to shove

You taste what you're made of

You might bend til you break

Cause it's all you can take

On your knees you look up

Decide you've had enough

You get mad, you get strong

Wipe your hands, shake it off

Then you stand, then you stand

Life's like a novel with the end ripped out

The edge of a canyon with only one way down

Take what you're given before it's gone

And start holdin' on, keep holdin' on

Cause when push comes to shove

You taste what you're made of

You might bend til you break

Cause it's all you can take

On your knees you look up

Decide you've had enough

You get mad, you get strong

Wipe your hands, shake it off

Then you stand, yeah, then you stand

Every time you get up

And get back in the race

One more small piece of you

Starts to fall into place, yeah

Cause when push comes to shove

You taste what you're made of

You might bend til you break

Cause it's all you can take

On your knees you look up

Decide you've had enough

You get mad you get strong

Wipe your hands shake it off

Then you stand

Yeah, then you stand

Yeah, baby

Woo hoo, woo hoo

Woo hoo, woo hoo

Then you stand, yeah yeah